

WHAT IS CLAIMED IS:

1. A pillow comprising:
 - a memory member of a hollow construction and made of an artificial sponge having a memory;
 - an adjustment member of a hollow construction and formed of at least one air duct, a plurality of air sacs in communication with said air duct, an inflation valve connected to said air duct, and a valve plug engaged with said inflation valve whereby said adjustment member is fitted into a hollow interior of said memory member; and
 - a support member fitted into a hollow interior of said adjustment member.
2. The pillow as defined in claim 1, wherein said memory member is provided at one end with a zipper.
3. The pillow as defined in claim 1, wherein said support member is made of an artificial sponge.
4. A pillow comprising:
 - a memory member of a hollow construction and made of an artificial sponge having a memory;
 - a support member of a hollow construction and fitted into a hollow interior of said memory member; and
 - an adjustment member formed of an air sac located in an interior thereof, an inflation valve connected to said air sac, and a valve plug engaged with said inflation valve whereby said

adjustment member is fitted into a hollow interior of said support member.

5. The pillow as defined in claim 4, wherein said memory member is provided at one end with a zipper.

5 6. The pillow as defined in claim 4, wherein said support member is made of an artificial sponge.

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